

## GINGER AND COCONUT SMOOTHIE

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### Ingredients:

- ¼ cup dried coconut flakes (unsweetened)
- 1 banana
- 1 cup coconut water
- Ice cubes
- 1 tablespoon fresh ginger, chopped

### Directions:

- Blend all ingredients until smooth.
- Serve chilled and enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.